

## 24 HOUR URINE COLLECTION INSTRUCTIONS

1. Obtain specimen container from outpatient services.
2. Collection may begin any time and will end 24 hours later (start and end times should match exactly).
3. Urinate and discard your first specimen into the toilet. Record this as your start time and date of the 24-hour collection. Every time AFTER this collect urine into the 24-hour collection jug.
4. During collection time, it is important to have adequate fluid intake.
5. Refrigerate urine during collection.
6. Keep saving the urine until the 24-hour period is done.
7. Label the container with patient name, date of birth, start date, start time, end date, end time, and physician.

**24 HOUR URINE COLLECTION**

First and last name      PRESERVATIVE \_\_\_\_\_      Date of birth \_\_\_\_\_

TEST \_\_\_\_\_

PT. \_\_\_\_\_      RM. NO. \_\_\_\_\_

DATE & TIME STARTED \_\_\_\_\_

DATE & TIME COMPLETED \_\_\_\_\_

INITIALS \_\_\_\_\_      UC301 \_\_\_\_\_

Record completely



8. Deliver the specimen to the laboratory promptly after the collection is complete:

**Bozeman Deaconess Hospital:** Please deliver your specimens to Entrance 5, 1st floor, suite 5130. Mon-Fri 8:00am-5:00pm, Sat 8:00am-Noon

**Outpatient Services:** Entrance 3, to the left just past the visitor helpdesk. Open Mon-Fri 7:00am-3:30Pm

**Belgrade:** Mon-Fri 7:30am-5pm, Sat 8am-5pm

**Big Sky:** Mon –Sun 8am-7pm

**After hours/Weekends:** Please go to the front registration desk at the Emergency Department. Please allow adequate time for staff to confirm your lab orders and accept your specimen.

**Note:** If your doctor has ordered a **5-HYDROXYINDOLEACETIC ACID (5-HIAA)** test, please follow the special instructions below:

**DO NOT EAT THE FOLLOWING FOODS OR TAKE THE FOLLOWING MEDICATIONS 48 HOURS PRIOR TO STARTING THIS TEST:**

- Avocados
- Bananas
- Eggplant
- Pineapple
- Plums
- Tomatoes
- Walnuts
- Cough syrup
- Tylenol